

## Local People - A (locked down) Teenage Perspective .....

A small group of students from various year groups at Macclesfield Academy meets regularly to discuss ideas, work together and support each other as writers. The articles they write for us look at life from a sometimes refreshingly alternative perspective! For obvious reasons, they can't meet at the moment, so they have been taking part in a competition from home, to write in and share their 'lockdown diaries'. This month's entry is from Lauren Bridges .....



### The First Day of Lockdown .....

On the 23<sup>rd</sup> of March 2020, the U.K. had been put into lockdown. In no time shops, pubs and restaurants closed their doors for the last time in a while. Going out was a no and exercise was limited to 1 hour a day. You couldn't see friends or family. In a flash, the whole country was locked down and everything was closed. Cases were rising and deaths weren't stopping anytime soon. This was the first time this country has ever experienced anything like this. In 10 weeks' time, here I am. It has been a Journey of finding new things out about this deadly virus.

Just before lockdown was announced, schools were shutting their gates. I felt anxious, worried and confused. During lockdown I had my highs where I had felt happy. I have taught myself to never take simple things in life for granted.

My first day of lockdown started at 8:30. I didn't really know what to expect; especially because my parents are key workers and I'm going into school. I was excited to see what the day would hold. I had my breakfast, then staff and students all did Joe Wicks' exercise class in the main hall and then I started home-school. It took longer than I had expected. Things are easier with a teacher by your side.

I then had a 2m apart lunch and went on a walk. In Lockdown I have been really enjoying my scenic walks. I then had my dance lessons and I didn't know what to expect. We had a pre-recorded dance class where we followed along and then took pictures. Afterwards, I did my own workouts, had my dinner and went to bed. This day was very different to what I had expected for this day. This was mainly because I was confused; would every day be like this? When would things change? I had so many questions. My first day on Lockdown was different and it was not what I was expecting.

In Lockdown, I am really missing my family because I am used to seeing them practically every day and my cousins basically live at my house. Within a flash it's been 2 months since I've seen them, it is so weird. I am also missing my friends because you are used to seeing them every day and now I haven't seen them for ages. We keep in contact online - but it's not the same as face to face.

Overall, Lockdown has been crazy and my lifestyle has changed drastically. From this experience I have learnt to never take simple things for granted and also other things I enjoy like dance and school. Advice for my future self would be to always keep in touch with your friends and family during Lockdown and appreciate the time spent together. I have also learnt to help others where you can.

Hopefully Lockdown will end soon and we will go back to normal!

Lauren is in Year 7 and loves to dance ....

